



## **Statistics Report 09194, Olives, ripe, canned (jumbo-super colossal)**

**Report Date: June 30, 2017 15:38 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	84.34	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	81	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	339	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2010
Protein	g	0.97	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	6.87	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	2.22	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	5.61	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	2.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1993
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	94	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	3.32	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Phosphorus, P	mg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Potassium, K	mg	9	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a>	mg	735	51	16.383	488	986	14.0	700.006	770.283	15	Analytical or derived from analytical	--	01/2010
Zinc, Zn	mg	0.22	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Copper, Cu	mg	0.226	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.020	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Selenium, Se	µg	0.9	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1992
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	1.5	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Riboflavin	mg	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin	mg	0.022	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.015	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Vitamin B-6	mg	0.012	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2010
Folate, DFE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2010
Choline, total	mg	6.6	--	--	--	--	--	--	--	--	Calculated or imputed	09037	03/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	17	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2010
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	204	--	--	--	--	--	--	--	--	Calculated or imputed	09195	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09195	02/2003
Cryptoxanthin, beta	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	09195	02/2003
Vitamin A, IU	IU	346	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09195	02/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin	µg	510	--	--	--	--	--	--	--	--	Calculated or imputed	09195	02/2003
Vitamin E (alpha-tocopherol) <sup>16</sup>	mg	1.65	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta <sup>16</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Tocopherol, gamma <sup>16</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Tocopherol, delta <sup>16</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) <sup>17</sup>	µg	1.4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	0.909	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
14:0	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:0	g	0.758	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.152	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	5.071	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.055	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	4.995	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
20:1	g	0.021	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
Fatty acids, total polyunsaturated	g	0.586	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.544	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.041	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982

## Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Isoleucine	g	0.036	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Leucine	g	0.058	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.038	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phenylalanine	g	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Tyrosine	g	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Valine	g	0.044	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Arginine	g	0.078	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Histidine	g	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alanine	g	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Aspartic acid	g	0.107	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glutamic acid	g	0.108	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glycine	g	0.057	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Proline	g	0.047	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Serine	g	0.036	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/1993
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
<b>Flavonoids</b>													
Isoflavones													
Daidzein <a href="#">18</a> <a href="#">19</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein <a href="#">18</a> <a href="#">19</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Glycitein <a href="#">19</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones <a href="#">18</a> <a href="#">19</a>	mg	0.01	--	--	0	0.01	--	--	--	--	--	--	--
Formononetin	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Coumestrol	mg	0.00	--	--	0	0	--	--	--	--	--	--	--

### Sources of Data

<sup>1</sup>Food and Drug Administration (FDA). DHHS FDA Total Diet Study. 1991.

<sup>2</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996

<sup>3</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997

<sup>4</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1998

<sup>5</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1999

<sup>6</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2000

<sup>7</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2001

<sup>8</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2002

<sup>9</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2003

<sup>10</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2004

<sup>11</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2005

<sup>12</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991

<sup>13</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992

<sup>14</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993

<sup>15</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994

<sup>16</sup>Nutrient Data Laboratory, ARS, USDA Determination of the Tocopherol Content of Selected Foods, 1992 Beltsville MD

<sup>17</sup>S.L. Booth, J.A. Sadowski, J.A. T. Pennington Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579

<sup>18</sup>Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. Daidzein and genistein content of fruits and nuts., 2000 J. Nutr. Biochem. 11 pp.326-331

<sup>19</sup>Thompson, L. U., Boucher, B. A., Liu, Z., Cotterchio, M., and Kreiger, N. Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestan., 2006 Nutr. Cancer 54 pp.184-201